

DRAFT

Standard Operating Procedure for Post-Phlebotomy Care

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Principle:

It is very important that the donor be appropriately attended to following his donation. This is because: (a) we have an obligation to protect his health, and (b) we want him to have enjoyed the donation experience enough to come back again and again.

A related part of the post-phlebotomy care involves giving the donor a form with our telephone number on it. This is crucial because we need him to know that—in the event that something happens to him that could affect the safety of the unit he has donated—he must contact us.

Materials:

1. *Whole Blood Collection SOP*
2. *Post-Donation Instructions* form
3. Refreshments (e.g., juice, soda, coffee, pastries, etc.)

Procedure:

1. After completing the phlebotomy (see *Whole Blood Collection SOP* for details), apply firm pressure with sterile gauze over the entry point of the needle into the vein for several seconds (continuing to hold the donor's arm straight up into the air)
2. Next, instruct the donor to continue holding his arm straight up while applying pressure over the venipuncture site (for at least 60 seconds)
3. Have donor remain reclining in the donor chair for a few minutes under close observation of the staff
4. When the donor's condition appears satisfactory, have him sit up, under observation, and follow him to the observation/refreshment area
5. Instruct donor that he is to remain in this area for at least 10 minutes—during which we want him to enjoy all the [juice? soda? pastries or other foods?] that he can eat/drink
6. Give donor the following instructions about post-phlebotomy care:
 - a. Eat/drink something before leaving
 - b. Do not leave until released by a staff member
 - c. Drink extra fluids over the next 24 hours
 - d. Avoid alcohol until the following day
 - e. If there is bleeding from phlebotomy site, raise arm and apply pressure
 - f. If fainting or dizziness occurs, either lie down or sit with head between knees
 - g. If any symptoms persist, either telephone or return to the Blood Bank to see a doctor

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- h. Use caution if you work in a dangerous job (e.g., truck driver, etc.)
 - i. Remove bandage after four hours
7. Thank donor for his important contribution and encourage repeat donation (after 8 weeks, of course)
 8. Supply donor with *Post-Donation Instructions* form

Reference:

AABB Technical Manual, 12th ed., pp. 82-83